

RELAX AND REJUVENATE

February 2009 Volume 3 Issue 2

Lynnspirations Massage and the Healing Arts 515-270-7004 www.Lynnspirationsmassage.com



February is a month known for love and caring for each other. Our heart is important to take care of. Decreasing symptoms of stress is important in heart health.

Massage Gift Certificates

The perfect gift for Your Valentine

- Ⓞ For Birthdays,
- Ⓞ anniversary,
- Ⓞ Mothers Day,
- Ⓞ Fathers Day
- Ⓞ Graduation,
- Ⓞ Bridal gift,
- Ⓞ Nurse's Day,
- Ⓞ Boss' Day
- Ⓞ Or Just Because

(2) One Hour Sessions for \$90.00

(4) One Hour Sessions for \$175.00

(10) One Hour Sessions for \$400.00

\$1.00/minute for Chair Massage

Special Packages apply to Massage, Reiki, MFR only

Creative Questions~

helpful in creating your abundant life!

These questions can be as effective as or more so than affirmations.

Have you ever really paid attention to what you have been thinking?

Ⓞ Have you ever wondered "why am I always having this or that happen to me?"

Ⓞ Or "why am I always sick? "

Ⓞ or "Why don't I have enough money?"

Pay attention to your thoughts or your Questions.

Ⓞ "Why am I wealthy?"

Ⓞ "Why am I Healthy?"

Ⓞ "How do I know I am prosperous?"

Ⓞ Our thoughts are very powerful.

Ⓞ "Thoughts become things so think the good ones."

Ⓞ Check out more on Creative Questions

<http://www.creativequestions.com/cmd.php?af=715111>

Get your set of Creative Questions for \$25.00 plus tax at:

Lynnspirations Massage and the Healing Arts

USUI REIKI I & II

Classes being offered
at Lynnspirations Massage and the Healing Arts
by Connie Patton, LPN, LMT
Usui Reiki, Karuna Reiki
and Violet Flame Reiki Master

February 21st and 22nd.
9:30 a.m. to 5:30 p.m. each day.

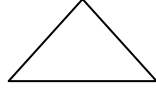
For a copy of the brochure and explanation of the class
click on this link:

<http://www.lynnspirationsmassage.com/docs/Reiki2009.pdf>

Being Green

Many of us are trying to help clean up our environment by using more “green” products.

- Did you know that some grocery stores are giving you a discount if you bring in your own cloth or canvas bags or buy theirs, to bag your groceries in?
- Savings for us and helps the Earth.
- Make sure to check for the RECYCLE Triangle on your bottles and packages.



- It is amazing how many things can be recycled.
- Many of Young Living’s products can be recycled including the lids of some of the bottles.

Young Living has a product called **Thieves**. It is said to have properties that can kill bacteria. It comes in

- a foaming hand cleaner,
- a waterless hand purifier and
- in concentrated form and can be used to clean.
- I use it to clean my home and the office.
- It can be used to wash dishes and in your laundry.
- Some clients have used it to remove cigarette smoke from the walls of their homes.
- Thieves oil can be diffused in the air for a few minutes at a time. Very helpful in this cold and flu season.
- It does not have all the chemicals in most cleaners found on grocery store shelves.
- If you would like more information on this, please contact me at

515-270-7004

Or email me at: willow@Lynnspirationsmassage.com

You can find a link to my Young Living Essential Oils site from my web site, as well.

<https://www.youngliving.org/conniepatton>

*****Iowa Holistic Health Expo is in Des Moines*****

Iowa Holistic Expo is: March 14^h and 15th at the Polk County Convention

Complex. Watch the newspaper for more information on this. There will be speakers and vendors as well. There were several free breakout sessions that you could attend as well as some well-known speakers. Last year was the first time this event was held in Iowa. It has been in Minneapolis, Minnesota for several years and in South Dakota.



BIOMAT SESSIONS AVAILABLE

The **BIOMAT** is an FDA licensed medical device designed by Doctors and Scientists and engineers, that has Amethyst Quartz Crystals and is connected to a computer that balances natural high energy Negative Ions with far reaching FAR INFRARED light rays. The BIOMAT warms the inside of your body up to 6 to 8 inches where it benefits the muscles, cells, blood vessels, lymph glands and nerves rather than just the surface of the skin.

The **BIOMAT** is reported to:

- Ⓜ increase blood alkalinity
- Ⓜ Speed cell regeneration
- Ⓜ Provide a deep state of relaxation
- Ⓜ Relieve pain and joint stiffness
- Ⓜ Reduce swelling and inflammation by improving lymph flow
- Ⓜ Increase flow of the micro-circulatory system
- Ⓜ Remove wastes and toxins
- Ⓜ Rejuvenate skin and cellular function
- Ⓜ Boost energy and vitality
- Ⓜ Regulate your psychological well-being
- Ⓜ Burn calories and weight control (on the higher settings)

Check out more about **the BIOMAT** on my web site. There are a few contraindications. It is a very relaxing and can be healing session. The heat penetrates into the body instead of just at the surface as a heating pad does. Many of my clients with Fibromyalgia really enjoy the **BIOMAT**.

You can schedule a session the BIOMAT by itself or a Massage with the BIOMAT on.

BIOMATS can be ordered and purchased for you to use at home in Full, Queen and King size as well. There is also a Mini-BIOMAT that can be used on an extremity, the back or abdomen or to sit on.

Setting the BIOMAT on the lower Green settings allows one to sleep all night on the BIOMAT and receive the benefits as well.



CHAIR MASSAGE AT YOUR OFFICE

Did you know you could schedule Chair massage at your office? I have a portable massage chair that could be brought to your job or office for Chair massage. Chair massage is done with the client fully clothed. Many massage chairs have been designed by Chiropractors or physicians so that when you are positioned on the chair, it supports the neck and back and relaxation begins. 10 minutes of massage can lower blood pressure, help decrease tight muscles in the neck, back and shoulders and offer many other benefits from massage.

Massage can be done in 10, 15, 20 or 30 minute increments of time for massage. It is \$1.00 per minute. (at least 2 hours of appointments please)

Please feel free to contact me if you have questions or would like to schedule your chair massage today!

Relax..... Rejuvenate.... Breathe Deeply..... Be Well

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